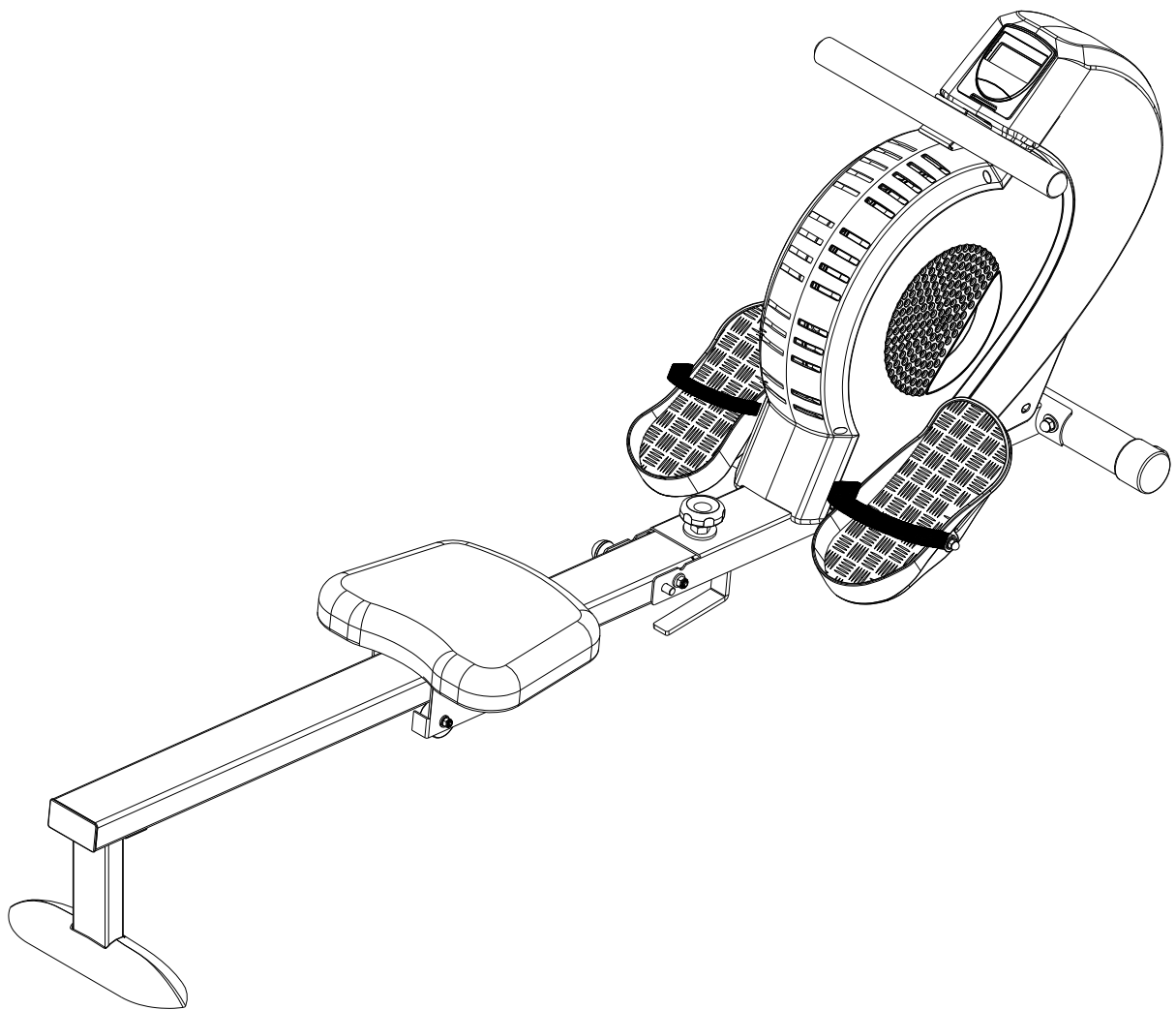


USER MANUAL

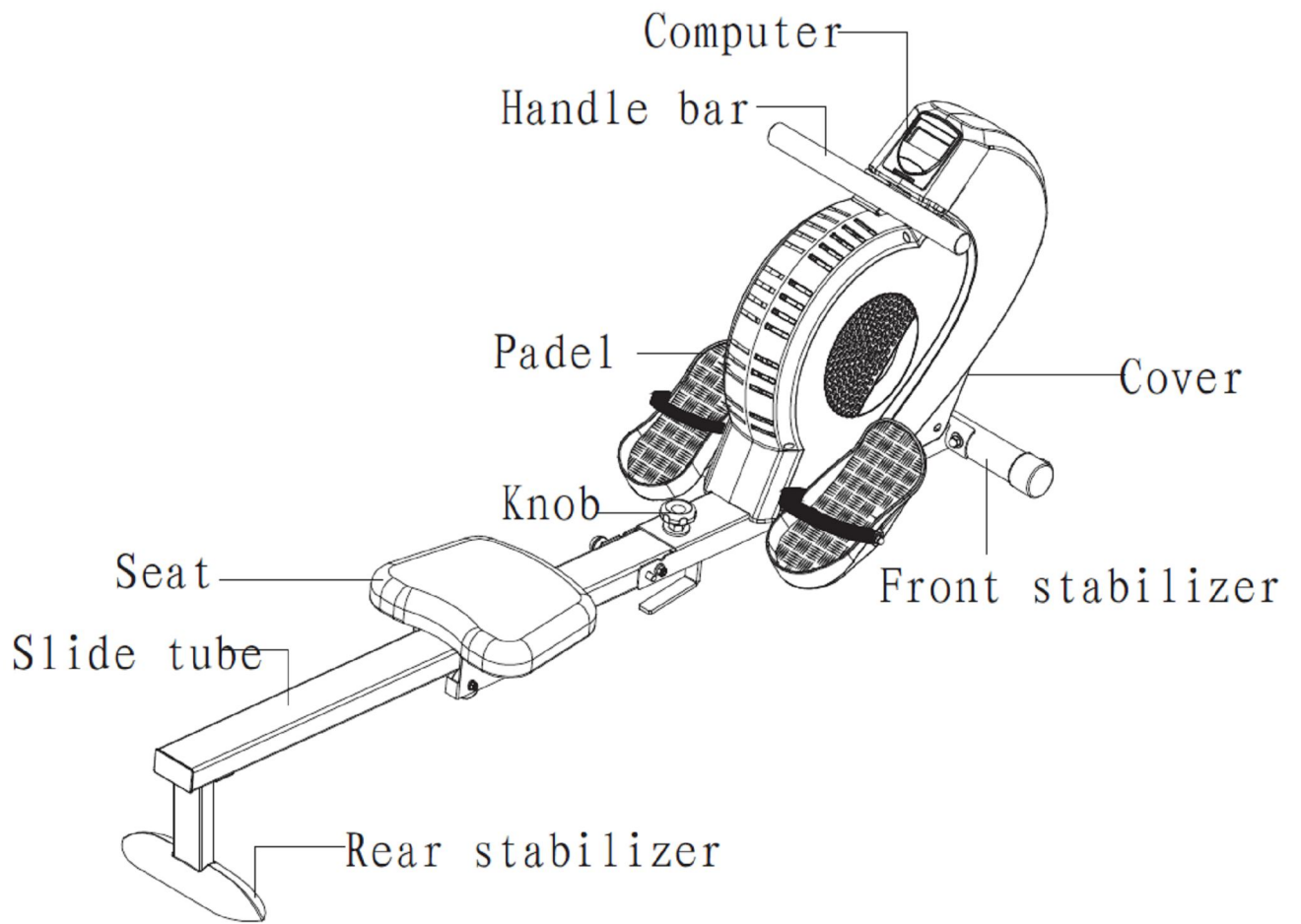


FLOWRIDER



PLEASE READ THESE USER INSTRUCTIONS CAREFULLY BEFORE YOU GET ASSEMBLY ON THIS BIKE AND KEEP IT FOR FUTURE REFERENCE.

Over view



General safety instructions

In the design and the production of this fitness equipment, much attention has been paid to safety. Nevertheless, you need at all times to remain conscious of certain safety measures. Make certain that you have carefully read through the whole user manual prior to your use of the equipment. Keep in mind the following points:

1. This equipment has not been designed to be used as a toy and must only be used for the purposes described in this manual. Read the instructions below carefully before using this equipment.
2. Keep children and animals away from the equipment. Children's enthusiasm may well lead to incorrect use of the equipment. If children are allowed to use the equipment, they should only do so under supervision and after receiving instructions regarding its proper use. Under no circumstances should the equipment be used as a toy.
3. Always consult with your physician prior to making use of this equipment or any other fitness equipment.
4. Always wear safe and comfortable clothing when you are using fitness equipment. Preferably, wear sports shoes or aerobic footwear.
5. In the event you should feel faint or suffer other discomforts, stop using the equipment. You also need to stop when you experience pain in or pressure on your joints.
6. Make certain that no more than one user is occupying the equipment at one time. Place the equipment on a level surface; the space required is approximately 2 x 1 metres.
7. Make certain that the equipment has been correctly assembled prior to its use. Ensure that all screws, nuts and bolts have been fitted correctly and tightened properly. Use only the parts that are recommended by the importer and that have been delivered with the equipment.
8. Do not use the equipment if it is damaged or has broken down.
9. Pay attention to how your body reacts after using the equipment. Dizziness is a sign that you worked out too intensely. If you feel dizzy, stretch out on the floor and do not try to get back on your feet until the dizziness has disappeared.
10. Always use the equipment on a level and clean surface. Never use the equipment outdoors or in water.
11. Avoid that your arms and legs come too close to the moving parts. Do not stuff articles inside the existing openings in the equipment.
12. Use this equipment only for the purposes as described in this user manual. Do not use parts that were not recommended by the manufacturer.
13. Ascertain that there are no sharp and pointed objects in the immediate vicinity of the equipment.
14. We advise physically challenged individuals to use this fitness equipment only under the supervision of qualified instructors.
15. The equipment must have come to a complete standstill before stepping down.
16. Use the equipment as laid down in the manual. Misuse of the equipment can lead to physical injuries.
17. This fitness equipment has been produced in accordance with EN-norm 957-5 class HA. Up to maximum user weight: 150kg.
18. This fitness equipment is not suitable for rehabilitation goals.
19. Excessive and incorrect training may result to injuries and health problems.

Warning

Consult with your physician prior to starting your exercises. A frequent and intensive training programme should first be approved by your family physician. This is especially important for individuals above 35 years of age or for those with physical problems. Carefully read through the entire user manual before you start exercising. We are in no wise responsible for personal injury or physical strains and discomforts that are caused by the use of this equipment and cannot be held liable in case of their occurrence. Carefully save these instructions. Incorrect or extreme use may lead to personal injury.

Note: the maximum permissible weight on this equipment is 150 kg.

Assembly

This user manual has been put together in order to simplify the assembly of the equipment and at the same time to explain its correct use. Please make certain to carefully read through this manual. In order to familiarise yourself with the parts of the equipment, we recommend that you carefully study the general reference drawing prior to starting the assembly and the use of the equipment.

Place all parts needed for the assembly on the floor in an orderly manner and remove all packing material. Check the list of parts to verify what items are present. For the actual assembly we make referral to the following pages.

Thank you for your purchase

we thank you for your purchase of this **FITURA** fitness equipment. This equipment will help you in improving your general conditioning and in developing your muscles in the correct way. In addition, you can now enjoy all of these benefits inside your own home.

Maintenance and use

Consult your physician before starting the exercises. A frequent and strenuous workout program must be approved by your physician first.

- The equipment requires a regular check-up to prevent physical injury. This means that bolts and nuts should be frequently checked for their proper tightening and that the equipment in general should be checked for cracks and sharp edges etc.
- Defective components must be replaced immediately. If this is not feasible, the equipment must be put out of order until the required repairs have been made.
- NB! Do not smoke or use fire near the equipment, as some of the plastic components are flammable.
- Do not use the equipment in front of a burning stove and/or fire place.
- Persons suffering from a plastics allergy should consult their physician before using the equipment.
- If you wish to disassemble the device, reverse the procedure given in the assembly instructions.

PACKAGING

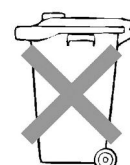
Environmentally friendly, recyclable materials:

- Outer packaging of the cardboard
- Form parts of foamed, CPC-free polystyrene(PS)
- Foils and bag of polyethylene (PE)
- Tension bands of polypropylene (PP)



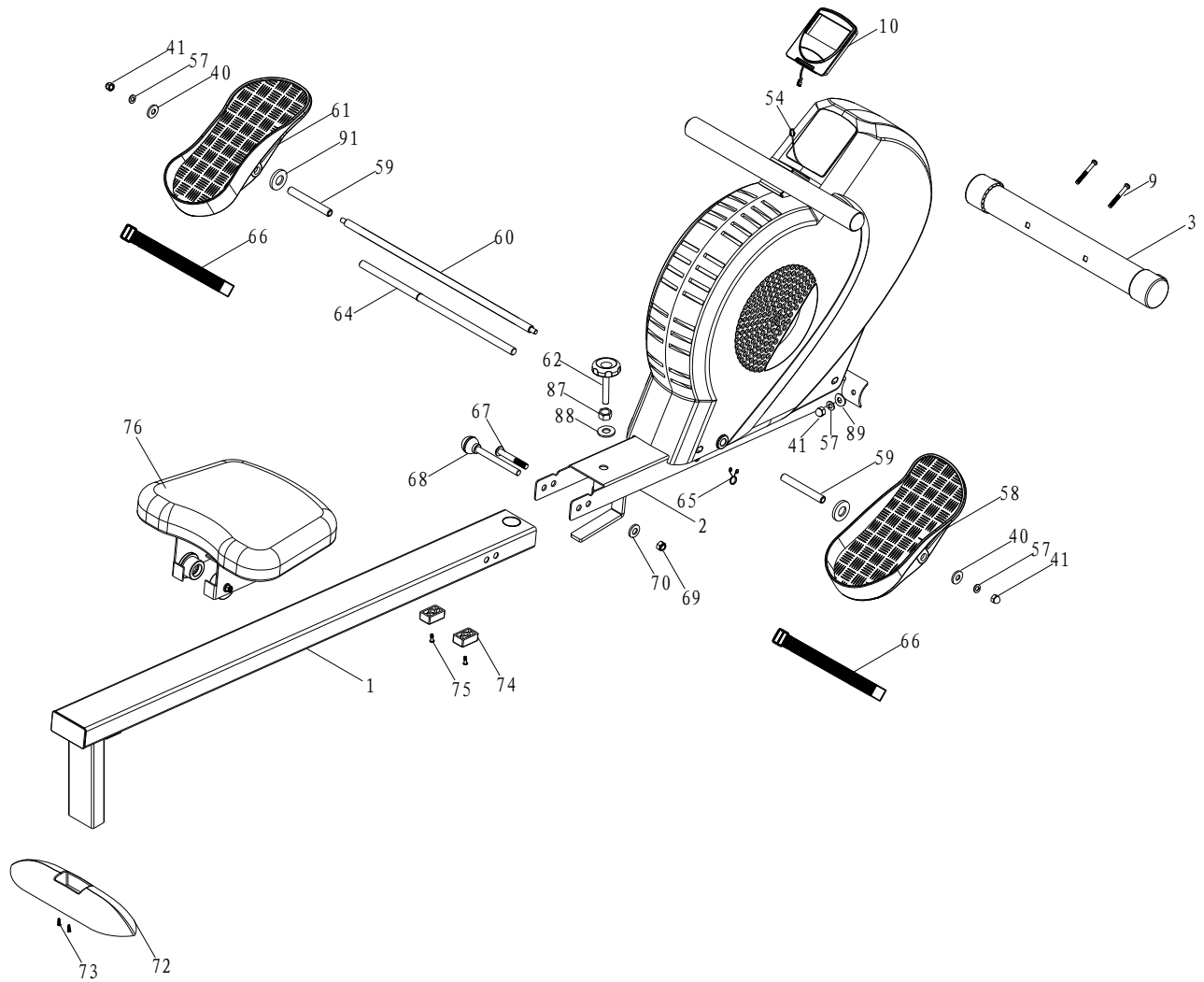
DISPOSAL

Please undertake environmentally friendly disposal. For further guidance contact your local authority refuse department.



Assemble Diagram

Please read the diagram below before assemble the machine.



Parts

NO.	Name & Specification	QTY.	NO.	Name & Specification	QTY.
1	Slide	1	65	Butterfly style clip	1
2	Main frame	1	66	Belt	2
3	Front stabilizer	1	67	M10*96 screw	1
9	M8*64 screw	2	68	Boll head pull pin	1
10	Computer	1	69	M10*1.5T nut	1
40	Flat washer OD22*ID8.5*2.0T	2	70	Flat washer OD22*ID13*2.0T	1
41	M8*1.25*15.5 nut	4	72	Rear stabilizer	1
54	Sensor	1	73	M4*16 screw	2
57	M8 spring washer	4	74	Seat stopper	2
58	Right pedal	1	75	M8*25 screw	2
59	Pedal space sleeve	2	76	Saddle	1
60	Pedal axle	1	87	M12*1.75 screw	1
61	Left pedal	1	88	Flat washer OD32*ID13.5*2.0T	1
62	Knob	1	89	Arc washer OD20*ID8.5*1.5T	2
64	Pedal limited axle	1			

ASSEMBLE:

There are some main parts we had assembled, so that it is easy for you to assemble the item. Please read this instruction very carefully before using the item, please follow up the steps to set up the item.

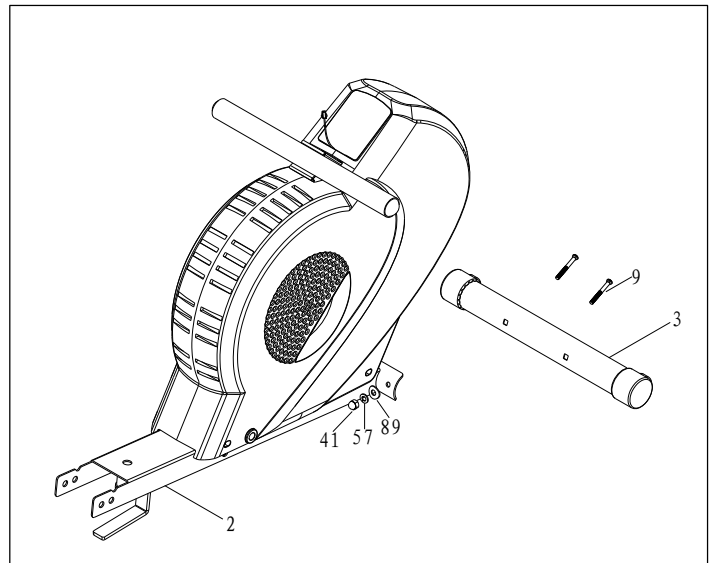
1. Please check all parts.

- Take out all parts from the bags, and lay out.
- Please put the main frame on the flat floor, please keep the main frame fixed.

Attention: please keep enough room around the item(1.5m at least).

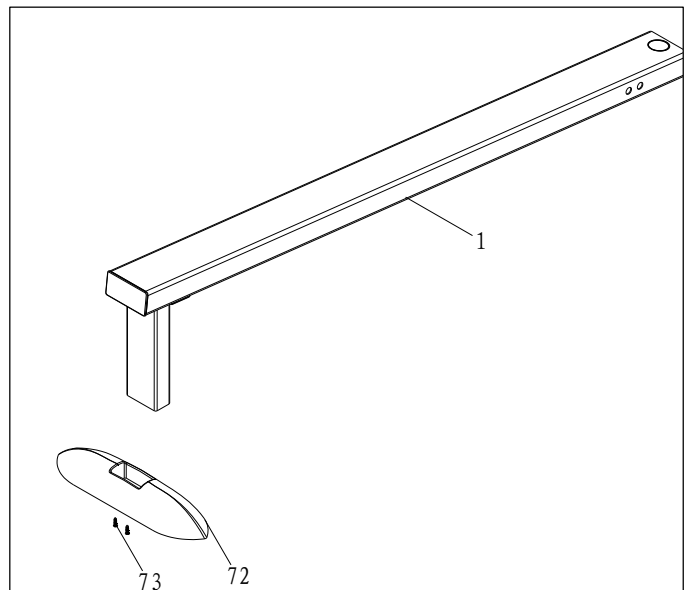
2. Front stabilizer

Attached the front stabilizer(3) to the main frame(2), then lock it up with M8*64 screw(9) and arc washer OD20*ID8.5*1.5T,M8 spring washer,M8*1.25*15.5 nut, refer to the picture.



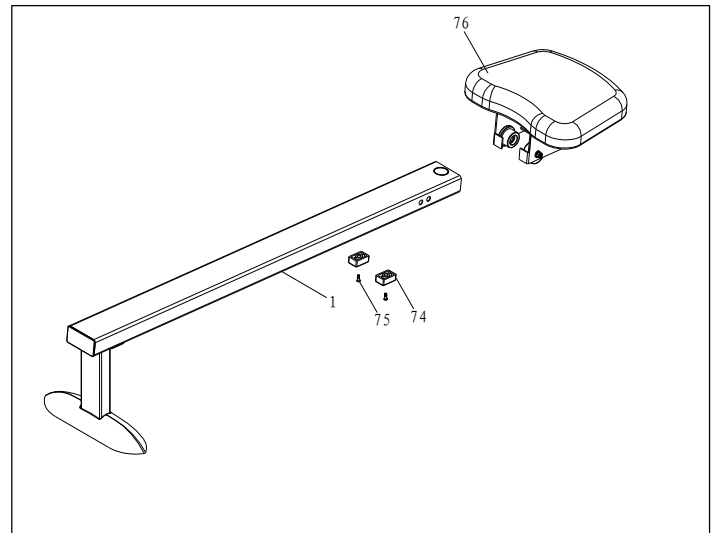
3 Rear stabilizer

Attacehd the rear stabilizer(72) to the support tube under the slide tube(1), then lock it up with M4*16 screw(73) .



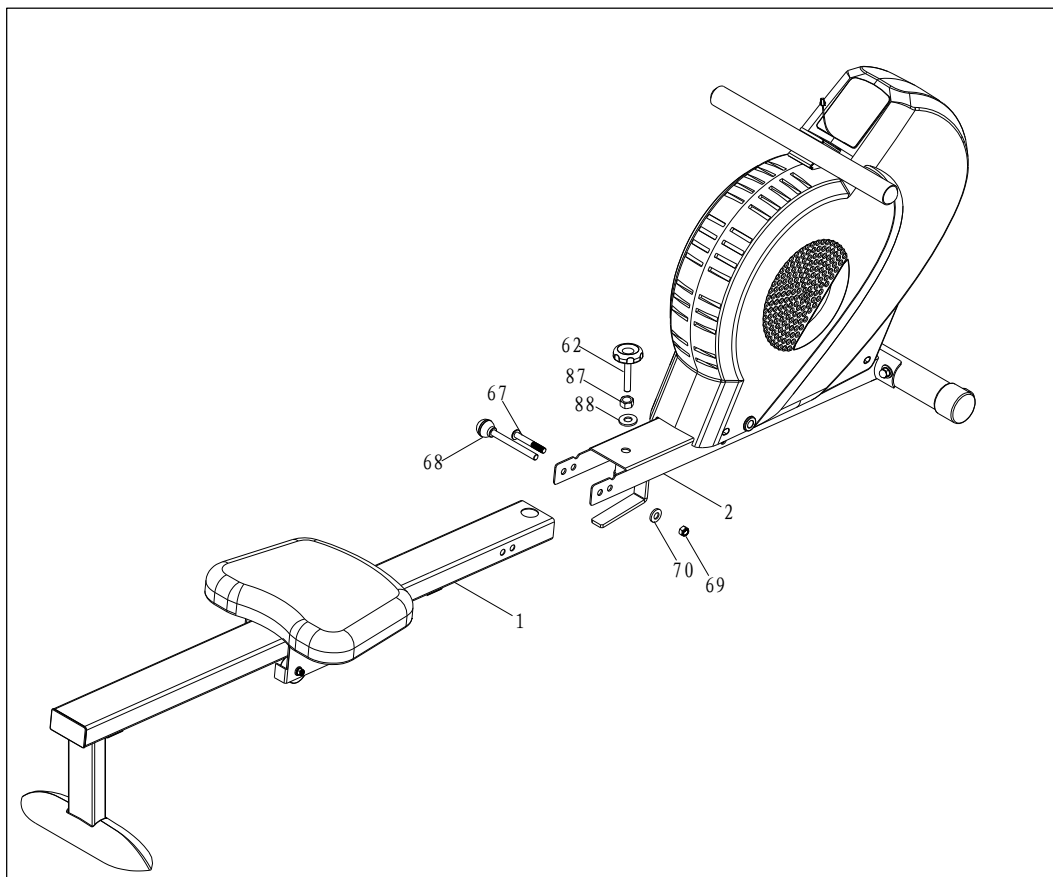
4 Saddle

Remove the 2pcs seat stopper(74) that pre-assembled on the slide tube(1).
attached the saddle to the slide tube(1), then assemble the stopper with screw M8*25 that remove before.



5 Slide tube

Remove the M10*100 screw(67), flat washer OD22*ID13*2.0T(70) and 1/2-13UNC nut(69) that pre-assemble on the main frame(2).
Insert the slide tube(1) into the main frame, the fix by the ball head pull pin(68), and lock it up with the screw, washer and nut that removed before.
Last, the knob(62) pass through M12*1.75 screw(87), flat washer OD32*ID13.5*2.0T(88), main frame(2) and slide tube(1), then fix up.

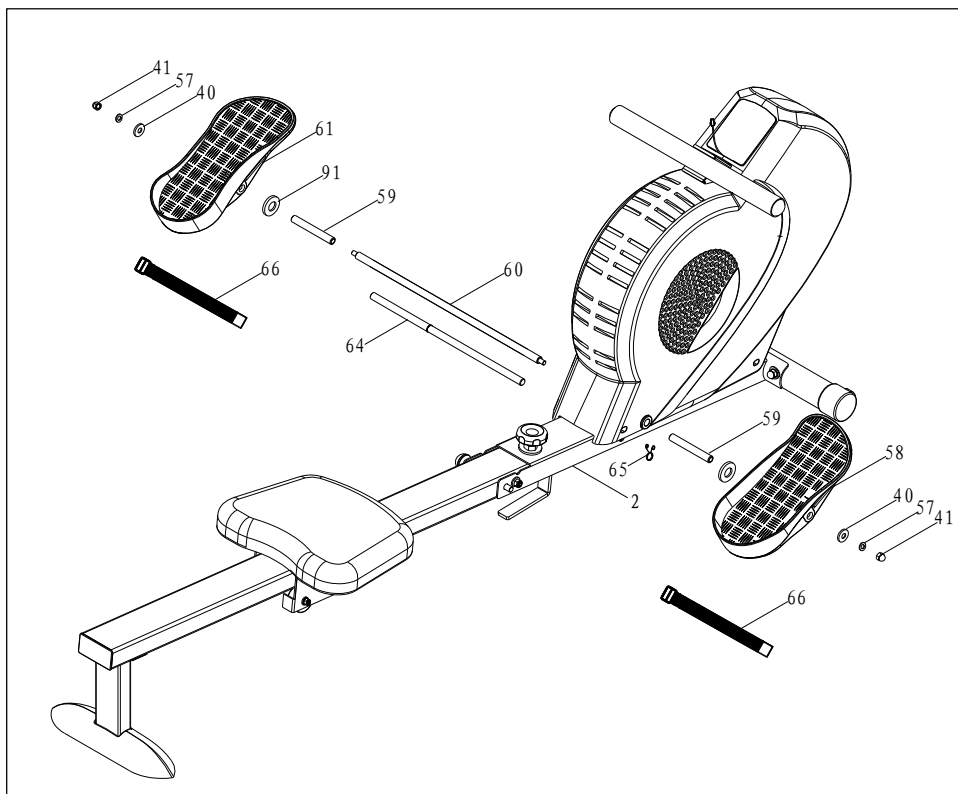


6 Padel

Padel limited axle(64) pass through the main frame(2), then fix it up with butterfly buckle(65). Padel axle(60) pass through the main frame(2), it should be symmetry, then attached the padel bushing(59) and pedals(58,61).

Then lock it up with flat washer OD22*ID8.5*2.0T, M8 spring washer(57) and M8*1.25*15.5 nut(41).

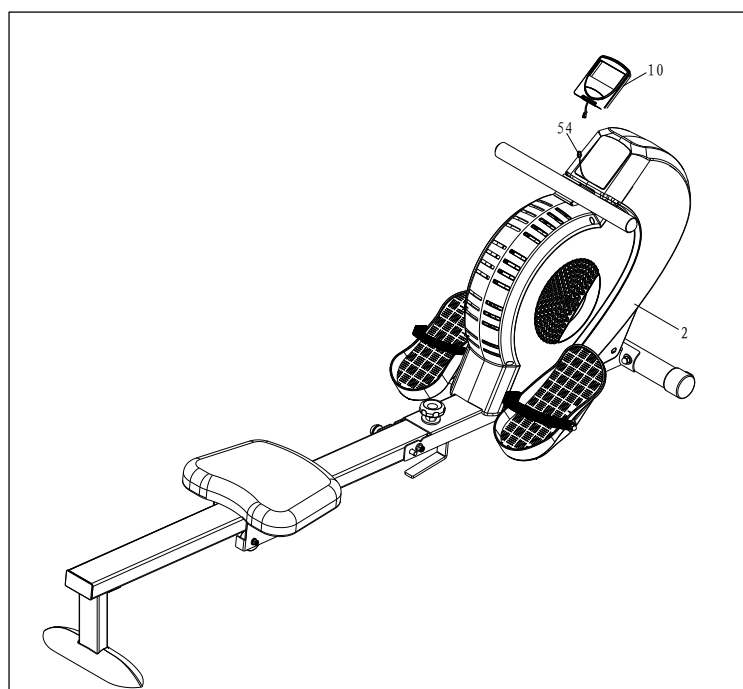
Attached the padel strap(66) to the padel(58,61)



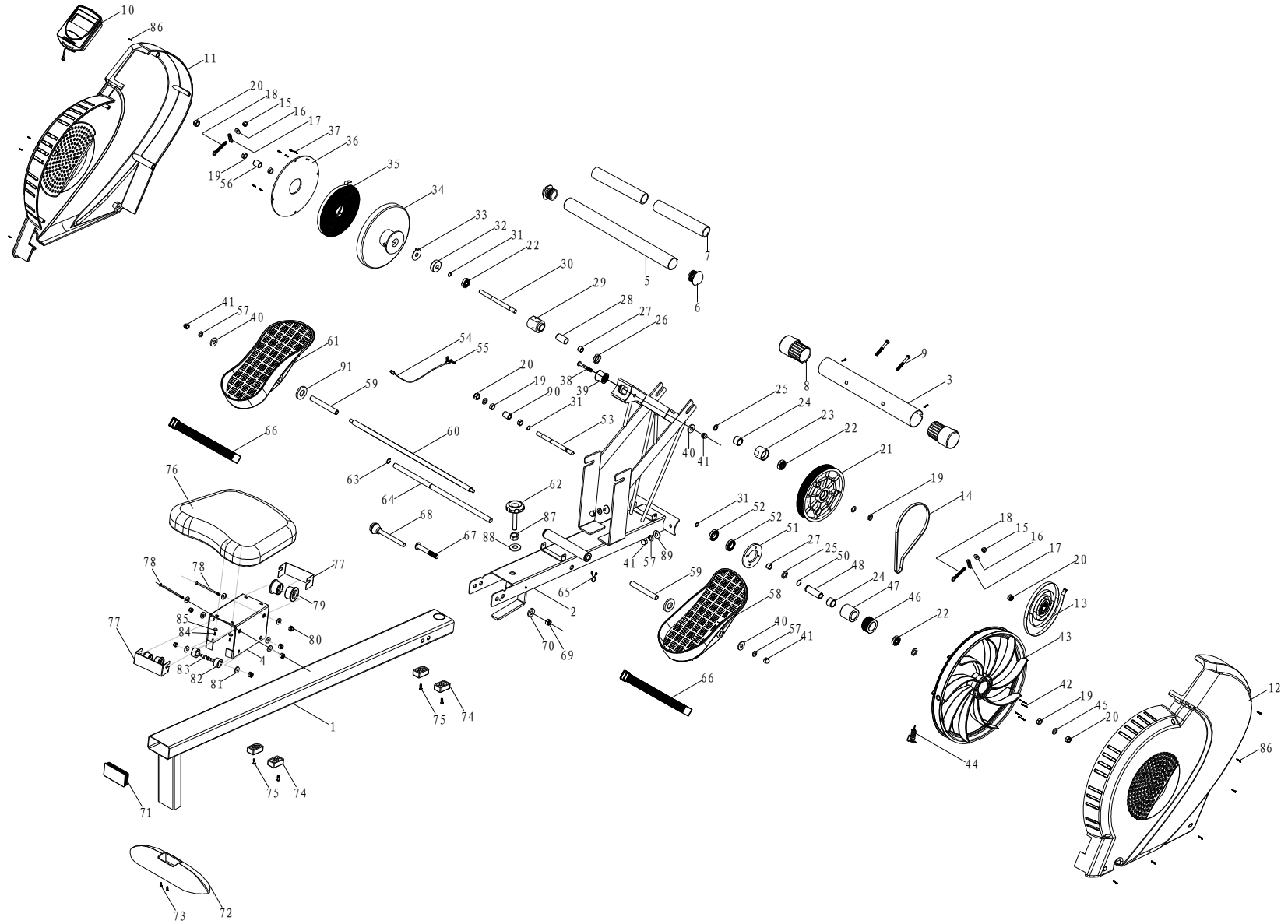
7 Computer

Take out the computer(10) from the box and move closed to mani frame(2), then connect the sensor wire(54) with the computer wire(10).

Then insert the computer(10) into the main frame(2).



Exploded View



Parts lis

NO.	Name and Spec.	QTY.	NO.	Name and Spec.	QTY.
1	Slide tube set	1	46	Small wheel	1
2	Main frame	1	47	Bearing housing(2)	1
3	Front stabilizer	1	48	One way bushing(2)	1
4	Saddle fixer	1			
5	Handle bar	1	50	C Style buckle	1
6	Handle bar end cap	2	51	Bearing housing connector	1
7	Foam	2	52	6903ZZ Bearing	2
8	Moving wheel	2	53	Fan wheel axle	1
9	M8*64 screw	2	54	Sensor	1
10	Computer	1	55	M5*10 screw	1
11	Left cover	1	56	OD14*ID10*6.9T bushing	1
12	Right cover	1	57	M8 spring washer	4
13	Ribbon 1	1	58	Right padel	1
14	Belt	1	59	Padel gap bushing	2
15	M6 nylon nut	2	60	Padel axle	1
16	Flat washer OD16*ID6.5*1.5T	2	61	Left padel	1
17	Flywheel adjust fixer	2	62	Knob	1
18	M6 x 50 screw	2	63	C style buckle	1
19	M10*1.5*4T nut	1	64	Padel limited axle	1
20	M10*1.5*8T nut	7	65	Butterfly buckle	1
21	Belt plate	1	66	Strap	2
22	6000ZZ bearing	3	67	M10*69 screw	1
23	Bearing housing	1	68	Ball head pull pin	1
24	One way bearing	1	69	M10*1.5 nylon nut	1
25	End cap	1	70	Flat washer OD22*ID13*2.0T	1
26	Bushing	1	71	40*80*1.5T endcap	1
27	Copper bushing	2	72	Rear stabilizer	1
28	One way bearing bushing 2	1	73	M4*16 screw	2
29	Bearing housing(1)	1	74	Seat stopper	4
30	Belt plate axle	1	75	M8*25 screw	4
31	C style buckle	3	76	Saddle	1
32	Spring buckle	1	77	Roller cover	2
33	Spring fixer	1	78	M8*115 screw	2
34	Spring housing	1	79	Pulley (1)	4
35	Spring	1	80	M8 nylon	6
36	Spring fixer cover	1	81	Flat washer OD16*ID8.5*1.5	8
37	M4*10 screw	6	82	Pulley(2)	4
38	M8*55 screw	1	83	φ 9.96*16*M8*13 screw	4
39	Small wheel	1	84	M6*15 screw	4
40	Flat washer OD22*ID8.5*2.0T	3	85	Flat washer M6	4
41	M8*1.25*15.5 nylon nut	5	86	M4*20 screw	10
42	M5*36 screw	2	87	M12*1.75 nut	1
43	Fan wheel	1	88	Flat washer OD32*ID13.5*2.0T	1
44	Spring	1	89	Arc washer OD20*ID8.5*1.5T	2
45	Flat washer OD20*ID10.5*2.0T	1	90	OD14*ID10*25T bushing	1